

Mothers of Twins Slate Swim Party

An evening of poolside fun will be held for members of the South Bay Mothers of Twins Club, husbands, and guests Saturday Aug. 17 at Adlai Swim School in Walteria. More than 100 persons are expected to attend.

In addition to swimming in the three pools, guests will enjoy poolside dancing, volleyball, ping pong and an old door barbecue.

Highlight of the evening will be the raffling of a backyard type sports equipment according to Mrs. Richard Cassell chairman.

Proceeds of the swim party will help support the three philanthropic projects maintained by the club during the year. This year the

Mothers of Twins have elected to help the pediatric ward of the Harbor General Hospital as their main philanthropic project instead of adopting a needy family as they have done in years past.

The August dinner meeting of the club will be held at the International Pancake House in Torrance, Monday, Aug. 19 and will feature a first aid for emergencies program produced by Captain West of the Torrance Fire Department.

Mothers of twins and triplets wishing more information about the club are invited to contact Mrs. James Husereau of Torrance or Mrs. Aldon Edwards of Redondo Beach.



DANGLING LEGS in pool are members of the South Bay Mothers of Twins Club who will entertain husbands and guests at a swim party to be held at the Adlai School of Swim,

2444 Hawthorne Blvd. Saturday, August 17. Picture are: (l-r) LeRoy Cramer, Chal Strayer, and Alden Edwards.

—PRESS photo

Scientific Exercise Mat Whittles Figure

Summertime is a season of regrets for many girls — especially those who haven't kept a good calorie count all winter. Take heart if you are in this group, say the experts, for summer is the best time of the year to re-fashion and reshape your figure.

A tried to true approach to a lovely figure with balanced measurements is an exercise program correctly performed each day. A good figure can have bust and hip measurements equal, but the waistline should be 10 inches less, the experts agree. Exercise firms and tones body muscle, helps improve breathing and brings a suppleness to the figure that shows in improved posture.

Work up a daily program of exercise, stretching, bending and twisting the figure, but concentrate on spot figure problems. A new exercise mat and pillow of reinforced latex foam rubber helps ease the problem of attacking specially bothersome areas, and makes the whole routine more comfortable. If, for example, you have heavy hips and thighs, you want to give more time to exercises that whittle and trim this area than you do general exercises for the rest of the body.

Begin in a limited fashion if you haven't exercised in a long time, or you may

have some sore muscles the next day. (Of course, a hot bath after each of the first few sessions will help avoid such pains.) Simple stretching exercises on the comfortable foam mat and pillow, which have been engineered with the correct resilience, can get out of the kinks very quickly.

Lie on your back with arms over head, palms up and fingertips touching the floor. Pull arms until they feel as if they are coming out of shoulder sockets. At the same time stretch legs so that they pull hips down and away from the waistline. Hold this taut position for a few seconds and relax. Repeat about 10 times.

A second exercise can follow with the tapered end of the wedge-shaped pillow placed under the tummy. Stretch arms overhead. Bend elbows and fold arms so the head can rest on them. Kick right leg as high as possible, then the left leg. Alternate this kick at least five times for each leg. (Excellent for buttocks.)

The third and most vigorous exercise, "the bicycle," can be performed by using the wedge-shaped foam pillow under your hips. (You'll find it a lot more comfortable than the old-fashioned method of supporting the rib cage with your arms and hands during this exercise.) Place your arms close to the

sides and begin to move legs in circles as if actually pedaling. Keep count down to about six or eight when you begin this exercise and gradually increase it to 20 or more.

Exercise should never become boring, say the beauty experts. Choose your exercise gear with an eye to its gay color — bright stripes or floral pattern for the exercise mat and pillow. Tune in a music program with the right tempo. You'll find exercise can be fun!

Edward J. Ferraro, assistant city manager of Torrance, was guest speaker at a combined meeting of the Chi Ro Post-High and the Senior High Youth Fellowship Groups at Seaside Community Church, 230th and Ocean Ave., at 7:30 p.m. Sunday.

Speaking on the subject of "Careers in Local Government," Ferraro pointed up challenges and opportunities available in local government, as well as the type of training desirable, the growth of various services and the complexities of operating local government. He drew a comparison

Grand Regent Names New Court Chairmen

Mrs. Harvey Lee, grand regent, introduced chairmen for the coming year recently at the July business meeting of Court St. Catherine 1378, Catholic Daughters of America.

Chairmen are Mmes. Charles Butterfield, program; Ralph Sullivan, ways and means; Frank Pope, social welfare; Carl Gramling, confraternity; Paul McDonaid, legislation and education; Marie Thomas, share the faith; Kathryn Shaughnessy and Felice Shaugh-

nessy, world missions; Richard Olson, bulletin; Robert Klaesges, public relations and press book; James Carlin, telephone; Don Cowden, sunshine and sick; Leonard Young, hospitality; Gordon Hicks, secret pal; Harry Hamilton, poetry contest; Rudolph Peters, fifty-fifty.

The newly formed committee, Women for Decency, will be headed by Mrs. Peter O'Brien. The Catholic Daughter - sponsored camp for girls, the main charity of the courts in this Archdi-

ocese, was reported on by Mrs. Harvey Lee, who with Mrs. Ralph Sullivan, attended Grand Regents Day at the camp at which Mrs. Fred Wettstien, state regent, was guest of honor.

Serving as parliamentary is Mrs. Frank Gately. District Deputy for the court is Mrs. Wesley Muzik from Redondo Beach.

Mrs. Richard Ban, extension chairman, announced that a reception for new members will be held in November. Applications are now being taken from practicing Catholics over 18.

New business included a vote by the court to be dark during the month of August; a review of the standing rules and a vote to accept them as they stand for the following year; and agreement to support a priest brother from the Missionary Servants of the Most Holy Trinity for another year.

A complete report on the recent state conference was given by Mrs. Robert Klaesges. Transfers of Mrs. Mary A. Rush and Mrs. Mary Cockran from Court Isabella in San Pedro were unanimously accepted. Mrs. Cockran is a past grand regent of the San Pedro Court and a past vice president of the Past Grand Regents Club.

Prior to the meeting, Father J. W. Daley, chaplain at Harbor General Hospital, spoke to the members on the duties of a hospital chaplain and the great need for the help of lay people.

Hostesses for the evening were Mmes. Louis Derouin, Andrew Rabel, Laurence Derouin, Joseph Bagosi, Frank Gately and Robert Aguilar.

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MRS. DAVID BRISTOL ... former Linda Thomas (photo by Seeman)

Linda Thomas Weds David Lorne Bristol

Miss Linda Gail Thomas, daughter of Mr. and Mrs. Earl Kameyer of 1525 Marcelina St., became the bride of David Lorne Bristol, son of Mrs. Mary B. Bristol of 2337 Sierra St. in a double-ring ceremony performed at 2 p.m. Sunday, July 28 at First Methodist Church.

Given in marriage by her father, the bride wore a floor length gown which she had made of white onion skin with silver flowers over white satin featuring long sleeves.

Maid of honor was Miss Robin Rae Thomas, who selected a street length gown of yellow chiffon over white taffeta. Miss Barbara Ann Fife, dressed in mint green chiffon over white, taffeta, was flower girl.

Attired in gowns matching that of the maid of honor were the Misses Mary Helen Bristol and Janice Jean Thomas, bridesmaids.

Rusty Delling was best man. Ushers included Jim Timmons and Fred Gardner.

Miss Dolores Mae Lomas presided at the guest book at a reception at Bettie Thomas Studio following the wedding.

Following a one-week honeymoon at Catalina Island the couple will make their home in Lomita.

The bride is a graduate of Torrance High School and attended Harbor Junior College and El Camino College. She is employed by Bettie Thomas Studio.

An employee of Autonetics, the bridegroom is a graduate of Torrance High School and El Camino College.

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Beauty Queens Come in Smaller Sizes Too

Lazy days of August are a time to sit in the shade and contemplate the fashion trends as Dior, Balenciaga, Worth, and other such leaders have outlined for the coming season. The eight inch drop in skirts and switch from the tailored coat to the broad shoulder width seems to leave only a hint of the figure underneath.

The 1964 unveiling of future and beauty trends is scheduled on Long Beach stages for the August Spectacular, when 85 beauties will vie for the honors of the American Beauty 1964 and the International Beauty 1964.

What has the beauty trend been doing while the "Diors" have obscured the waist, shown the knees, and draped the bodice? Past files of the International Beauty Congress show the changing standards of the girls who have worn the top crown of beauty — Dress sizes of the Queens have dropped from the 1952 to 1957 size of 12 of remembered queens such as Christine Martel of France and Gladys Zender of Peru, to the past three years' size of 10 to Stella Marquez of Columbia, Stanny Van Baer of Holland, and the reigning International Beauty Tania Verstak of Australia.

Measurements of the beau-

ties have been minimized also from 1952's Arni Kuusela of Finland, the first queen to reign. Arni was 36-23-36. In 1959 a one year maximum was reached in Japanese beauty Akiko Kajima's 37-23-37, which has tapered over the past four years to Tania's petite 34-22½-35.

You may have to adopt the low stacked heels being shown for the fall if you are to follow the shorter trend of world-wide beauty — last year's queen was 5'4", short when eight of the past ten winners have been 5'6" to 5'7" tall. The shoe size you should be buying, according to the average of the 12 winners, is 6½.

Weight, too, of the queens has decreased a full 20 pounds from the 130

pounds of Swedish Hellevi Rombin, 1955 queen, to Tania's 108 pounds. And don't believe gentlemen prefer blondes! Only three of the title holders have been blondes — the last blonde being 1955 winner Hillevi Rombin.

Since then, four brunettes, a black haired beauty, and two auburn heads have worn the beauty crown.

Brown eyes have been the judges' choice five times; blue, four times; green in 1953, and again last year. And it doesn't seem to matter what nationality the beauty is chosen from.

The queens, in order from 1952 have been: Finnish, French, American, Swedish, American, Peruvian, Columbian, Japanese, Columbian, Dutch, and Australian.

CLASS REUNION SET

Class of 1958, Torrance High School, will hold its reunion Saturday, Aug. 24, at the Banbury Room of the Plush Horse Restaurant.

Cocktail hour at 7:30 p.m. will precede dinner at 8:30. Graduates from throughout California and Arizona are expected.

Persons desiring to make reservations are asked to contact Bonnie Fletcher Crenshaw at FA 8-3402 or Barbara Balow Ehlers at FR 5-7807.

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